



## Metamorphecise: The Transformation Within (Paperback)

By Lisa Dwoskin

Balboa Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. As a fellow University of Miami alumnus, I am a true believer in the power of the mind. All of my life I have been an athlete and believed in the balance of mind, body, and spirit. Without having all three in proper alignment, I would not have achieved what I have in my life. I often speak about maintaining a positive mindset, eating healthy, exercising, and balancing your life. I heard about Lisa and her book from my father, and was happy to read and learn more about her journey and her passion for and commitment to helping people live happier and healthier lives. I endorse this author, and I want to personally thank her for taking the time to share her story. I feel that Lisa s journey will help awaken the lives of many, and inspire others to begin their own transformations. Sensational book and very uplifting!-- Dwayne The Rock Johnson, actor, WWE Lisa is a very close friend of mine, and she is the daughter that I never had. I enjoyed her book very much because I felt as if Lisa...

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### Reviews

*The best book i at any time read. I am quite late in start reading this one, but better then never. I realized this publication from my dad and i advised this book to understand.*

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*The publication is great and fantastic. It can be filled with knowledge and wisdom You wont truly feel monotony at at any moment of your time (that's what catalogues are for about if you ask me).*

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